

4 Healing Songs for When You've Been Betrayed

Well, here you are. A place where you never thought you would be. Maybe it was unexpected, or maybe you were suspicious for quite some time. Regardless, you wish that in this moment, you could be anywhere else.

You just found out that your husband is seeking out pornography. Maybe it progressed to something more, or maybe you're afraid it will. So many unanswered questions are swirling through your head, and you cannot talk to your husband about them because he gets angry, bordering on the edge of being verbally abusive as he blames you.

The Raging Battle in Your Mind

So what happens next? Can anyone hear you screaming from the inside out? Can people in the grocery store see that you have been losing sleep? Do your friends notice your mascara lines from crying pretty much all day? Has anyone noticed you haven't been at work in a few days? What would they think if they learned that you haven't showered in two days, much less changed your clothes? And what about your kids? Do they know what is going on? Have they noticed that you seem irritated and angry?

You so badly want to pray, but you don't know what to say nor can you find the strength inside to mutter the words. You feel empty and alone.

Take a deep breath. You don't have to have all of the answers yet. You were caught off-guard, and the equilibrium of your once beautifully perfect life is now off balance.

Though you may feel isolated, the chances are pretty high that someone within your circle of acquaintances can relate to the

pain that you are feeling. I am that someone.

You Are Not Alone

I can remember walking into my house in the middle of the night after a long shift of work. The house was dark and still, everyone else was sleeping. I couldn't immediately go to sleep, so rather than disrupting my husband's sleep with my restless tossing and turning, I decided to check Facebook. When I logged in, I was greeted (if you want to call it that) by a message from another woman outlining the inappropriate relationship her and my husband had been having via the phone and computer. As I read, my heart sank when I got to the part where she noted that she had made plans to meet him in a hotel room. I remember reading it over and over again, trying to let it sink in, praying that somehow I would wake up and realize that it was just a horrible nightmare.

A confrontation with my husband confirmed that it was not a nightmare; it was reality. And so in that moment, my life fell apart too. It felt like the more I tried to talk to people, the harder the journey became. Everyone had different opinions on what I should do, and none of them gave me an ounce of peace.

Sitting in the quiet almost drove me crazy, so I would turn the radio on to silence the thoughts that were screaming in my head. Somehow, music has always had a way of making me allow myself to feel my emotions, rather than stuffing them in the darkest places of my heart.

Songs for the Hurting Soul

Over the years since those initial moments of discovery in my life, I have heard a lot of great songs. I have found myself wishing that they would have been released when I was struggling and heartbroken. I feel that they are worth sharing with you, regardless of where you are in the moment.

1. "God Help Me" by Plumb